

# Individual Best Times (All Time)

Matthew Abbott - (1130737) - Altrincham SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	45.92	46.40	84	17/05/15	Trafford Metro 1st Annual Invitation Open Meet	Sale	NW150955	3
100 Freestyle	1:37.41	1:38.30	97	15/05/16	Trafford Metro 2016 Spring Open Meet	Sale	NW160442	3
50 Breaststroke	1:00.27	1:00.80	70	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	NW151660	3
50 Butterfly	51.55	51.90	75	15/05/16	Trafford Metro 2016 Spring Open Meet	Sale	NW160442	3
50 Backstroke	51.67	52.10	78	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	NW151660	3
100 Backstroke	1:43.37	1:44.10	102	15/05/16	Trafford Metro 2016 Spring Open Meet	Sale	NW160442	3
100 Individual Medley	1:52.50	1:52.50	84	19/09/15	Trafford Borough Early Bird Sprint Meet	Stretford	NW151660	3